

## Intervention: Self-management education and regular practitioner review for adults with asthma

Finding: Sufficient evidence for effectiveness

### Potential partners to undertake the intervention:

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| <input type="checkbox"/> Nonprofits or local coalitions                              | <input type="checkbox"/> Businesses or labor organizations |
| <input type="checkbox"/> Schools or universities                                     | <input type="checkbox"/> Media                             |
| <input checked="" type="checkbox"/> Health care providers                            | <input type="checkbox"/> Local public health departments   |
| <input type="checkbox"/> State public health departments                             | <input type="checkbox"/> Policymakers                      |
| <input checked="" type="checkbox"/> Hospitals, clinics or managed care organizations | <input type="checkbox"/> Other:                            |

### Background on the intervention:

Many guidelines for asthma management recommend patient education and regular medical review. There have been several controlled trials to measure the effectiveness of asthma patient education programs. While these programs do improve patient knowledge, their effect on health outcomes is not as well known.

This review aimed to assess the effects of asthma self-management programs, when coupled with regular health practitioner review, on health outcomes in adults with asthma. Self-management education involves self-monitoring with peak flow meters and symptoms. It is often accompanied by regular medical review and written action plans.

### Findings from the systematic reviews:

Reviews included 36 trials that compared self-management education with usual care. Programs that teach people how to adjust their medication according to a written action plan appear to be more effective than other forms of self-management. Persons with asthma who received education and also visited the doctor regularly and had a written action plan had fewer visits to the emergency department, fewer hospital admissions, better lung function, improvement in peak flows, fewer symptoms, and reduced use of rescue medications. However, measures of lung function did not change significantly. Overall, asthma self-management education is of significant benefit to patients.

### Limitations/Comments:

This intervention page includes references written in 2000 or later. There are many options for action plans and for patient educational materials, so those considering an intervention of this type should look for new materials that are tailored to the population and that reflect the most current knowledge about asthma.

### Reference:

Gibson PG, Powell H, Coughlan J, Wilson AJ, Abramson M, Haywood P, Bauman A, Hensley MJ, Walters EH. Self-management education and regular practitioner review for adults with asthma. *The Cochrane Database of Systematic Reviews* 2002, Issue 3. Art. No.: CD001117. DOI: 10.1002/14651858.CD001117.